

Signed By	Marie LaVergne, Chief Administrative Services Division	Number	03-01
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Subject	Employee Assistance Program	Expires	When Canceled
Guide Section	Human Resources Branch	Reference	Cancels ASL 94-13

The State of California contracts with Merit Behavioral Care of California (MBC), Inc. to provide the Employee Assistance Program (EAP) services. MBC is one of the nation's most experienced EAP organizations and has been serving California residents since 1983. With counselors available throughout the State, they serve approximately 207,000 State employees in California. The assistance you receive from MBC is confidential and you need not discuss any assistance you receive with anybody at ARB.

As an Air Resources Board employee, you and your eligible dependents have access to the state wide EAP. This program is provided by the State of California as part of the State's commitment to promoting employee health and well being. Offered at no charge to you, the EAP provides a valuable resource for support and information during difficult times, as well as consultation on day-to-day concerns. Through the EAP, you can receive assistance for:

- Emotional, Personal and Stress Concerns;
- Marital and Family issues;
- Legal matters (telephonic assistance only with limited services);
- Financial and Credit problems;
- Dependent Care (child and elder care consultations); and,
- Alcohol and Drug Abuse, including co-dependency

Assistance is available 24-hours a day, 7 days a week. Clinicians are located throughout California and appointments are scheduled near the employee's home or work. To speak to a counselor or make an appointment, call 1-800-632-7422. The EAP web site is: <http://www.dpa.ca.gov/benefits/other/eap/eapmain.shtm>.

If you have questions or need additional information, contact the ARB Employee Assistance Coordinator listed in the [Directory of Administrative Services](#).